

April 2013 "Walk At Lunch" Stories

Here's what participants said about taking part in the National Walk @ Lunch Day on April 24th:

"Sussex Central High School participated in the walk at lunch day. We had 10 participants and 7 walked a half-mile and 3 walked a mile. We enjoyed the time we spent together and felt our spirits were lifted after the brisk walk."

- Anna R. Miller, RN (School Nurse at Sussex Central High School)

"Hello, I walked at lunch with some co-workers at DNREC and it was a lot of fun. I had my pedometer on and it said we walked 2.27 miles." - Althea A. Trower (Accountant at DNREC-Water Resources)

"I just walked 20 minutes outside in this beautiful weather and now I feel great!" - Liddy Campbell (Administrative Specialist at DelDOT)



"Today, a group of Division of Public Health employees, led by Deputy Director Crystal Webb, took a 30-minute walk at lunch time. We met at the Jesse Cooper Building, went past Legislative Hall and the Archives and around part of Silver Lake Park. We ran into other groups who were out walking in the sunshine and also admired some wildlife along the way. Marcy Parykaza and Bill Ingram continued on to the route designated for the upcoming Governor's 5K Race while the rest of us made a brief stop to admire the Governor's Mansion and lamented that we had to go back inside for the rest of the afternoon. We all enjoyed the beautiful weather and the chance to socialize with each other while being active. We said we'd be open to walking together again as it was just long enough to be considered "exercise" but short enough to do at lunchtime." - Denise Setchko (Operation Support Specialist at DHSS, Division of Public Health)

"I was part of a group of six people from the Office of Management and Budget who walked at lunch today, and we had a great time! The weather was gorgeous and we walked to Silver Lake Park. We enjoyed seeing several sunbathing turtles on the way, and while eating our lunch, we chatted, relaxed and fed some very brave ducks. One of our members tracked our mileage, and we walked more than 2 miles during our one-hour lunch. I feel energized and refreshed, and definitely plan on walking more often!"

-Tracey Connolly, Ed.D. (Office of Management and Budget, Statewide Training and Development)

"Today I walked during lunch for the first time since last fall. It was a beautiful day. While walking I saw several people walking more than I did last fall. It was nice to start walking again and I could not ask for a better day to start my walking routine."

- Rebecca Collins (DHSS, DSAMH)

"Delaware State University (DSU) participated in the American Heart Association's "National Walking Day" on April 3rd. Between 50-60 DSU employees/students took a 1-mile walk at lunch." - Marianne Carter, MS, RD (Director, DE Center for Health Promotion at DSU)

